

PURPOSE

TO HELP SOLDIERS'

TRANSITION BACK INTO HOME LIFE BE

AS SMOOTH AS POSSIBLE

GOAL

TO LIMIT DAMAGE CAUSED BY LONG SEPARATION.

TO EASE THE STRAIN OF REUNION.

TO PRESERVE PERSONAL GAINS THE FAMILY MAY HAVE EXPERIENCED DURING SEPARATION.

OVERALL OBJECTIVE

**TO HELP SOLDIERS AND FAMILY
MEMBERS COMPLETE THE MISSION
SUCCESSFULLY AND MINIMIZE
PERSONAL LOSS.**

SPECIFIC OBJECTIVE THE SERVICE MEMBER WILL

**UNDERSTAND THE SPOUSE'S EXPERIENCE
AND HOMECOMING POINT OF VIEW.**

BE ALERT TO COMMON PITFALLS.

**HAVE MORE REALISTIC EXPECTATIONS OF
SELF AND OTHERS.**

**SUPPORT ANY NEW PERSONAL GROWTH OF
THE SPOUSE WHICH MAY HAVE OCCURRED.**

SPECIFIC OBJECTIVE THE FAMILY MEMBER WILL

**UNDERSTAND THE SERVICE MEMBER'S
EXPERIENCE AND HOMECOMING POINT OF
VIEW.**

**INTEGRATE THE RETURNEE INTO DAILY LIFE
AT HOME WITH MINIMAL STRESS.**

**ANTICIPATE CHANGE IN DECISION MAKING
AND BEHAVIOR.**

**COMPLETE UNFINISHED PERSONAL BUSINESS
CREATED BY SEPARATION.**

RETAIN A SENSE OF ACCOMPLISHMENT

WHAT IS REUNION?



WHAT IS REUNION?

REUNION IS PART OF THE DEPLOYMENT CYCLE, WHICH INCLUDES SEPARATION AND REUNION. IT IS A TIME WHEN MILITARY FAMILIES GET TOGETHER AGAIN AFTER SEPARATION.

ANTICIPATION OF REUNION IS NOT ALWAYS POSITIVE

**REUNION IS SOMETIMES LACED WITH FEAR
AND RESENTMENT.**

FEARS ABOUT FIDELITY.

ANXIETY ABOUT UNCLEAR COMMUNICATION.

DOUBT ABOUT DIFFICULT DECISIONS.

RESENTMENT ABOUT CHOICES MADE.

WORRY ABOUT UNSETTLED ARGUMENTS.

FOOD FOR THOUGHT

HOW DO YOU FEEL ABOUT THESE THINGS

**WHAT IS YOUR PARTNER GOING
THROUGH RIGHT NOW IN
ANTICIPATION OF REUNION?**

WHAT ARE YOU GOING THROUGH?

**WHAT ARE YOUR CHILDREN
GOING THROUGH?**

WHAT ARE YOU DOING TO PREPARE?

FOOD FOR THOUGHT

WHAT DOES EACH SPOUSE GO THROUGH?

WILL SHE LIKE THE WAY I LOOK?

WHAT/WHERE WILL HE WANT TO EAT?

WILL SHE BE HAPPY WITH THE HOUSE?

WHAT WILL HE WANT TO DO?

HOW CAN I GET READY?

HAS SHE CHANGED?

WILL HE STILL LOVE ME?

FOOD FOR THOUGHT

WHAT DOES EACH SOLDIER GO THROUGH?

JET LAG.

CAREER OBLIGATIONS.

WILL THE KIDS REMEMBER ME?

HOW WILL I BE ACCEPTED AT HOME?

HOW HAVE I CHANGED?

WILL THEY STILL LOVE ME?

CHANGES TO EXPECT BE REALISTIC

INTEREST.

ROLES.

KIDS.

COMMUNICATION.

APPEARANCE.

HOUSE, APPLIANCES, CAR.

COMMON ISSUES

TRUST.

COMMUNICATION.

RESPECT.

EXPECTATIONS.

SEX AND INTIMACY.

WAR STORIES.

WHAT DO WE DO?

NEGOTIATE

AND

READJUST

READJUSTMENTS

FAMILY

MARRIAGES

DIVORCES

BIRTHS

CHILDREN

TRADITIONS

SOCIAL

LOST FRIENDS

THEATER FRIENDS MOVE

**SPOUSES/CHILDREN'S
NEW FRIENDS**

READJUSTMENTS

ENVIRONMENTAL JOB

DRIVING

ROUTINE

RECREATION

SHIFT SCHEDULE

ENTERTAINMENT

NEW PEOPLE

SLEEPING

PRIORITIES

HOUSE RULES

US vs. THEM_

READJUSTMENT REACTIONS

EMOTIONAL

WORRY

FRUSTRATION

ANGER

SADNESS

CONFUSION

BEHAVIORAL

LOST APPETITE

FATIGUE/RESTLESSNESS

IRRITABILITY

SLEEP DISTURBANCE

SELF MEDICATION

SPENDING BINGES

HOMECOMING TIPS

WHEN YOU AND YOUR SPOUSE ARE REUNITED

AVOID TIGHT SCHEDULES

PLAN INDIVIDUAL TIME WITH PARTNER

PLAN FAMILY TIME

GIVE YOUR CHILDREN TIME

EXPECT CHILDREN TO TEST LIMITS

EXPECT UNUSUAL FEELINGS

UNDERSTAND DISCOMFORT OF OTHERS

ALLOW TIME TO ADJUST

HOMECOMING TIPS

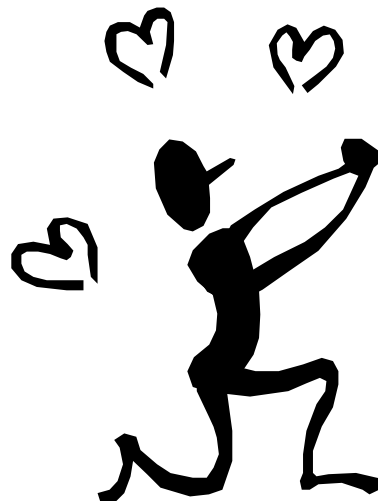
WHEN YOU AND YOUR SPOUSE ARE REUNITED

**STAY INVOLVED WITH SCHOOL
ACTIVITIES AND INTERESTS**

STICK TO YOUR BUDGET

BE A GUEST

RE-ESTABLISHING INTIMACY



INTIMACY DURING DEPLOYMENT

LETTERS

FAMILIAR OBJECTS

PHONE CALLS

PHOTOS

TAPES

WHAT IS INTIMACY?

INTIMACY IS:

**PRIVATE SHARING OF FEELINGS
AND EXPERIENCES**

A HISTORY “TOGETHER”

NONVERBAL COMMUNICATION

MENTAL AND PHYSICAL

CONNECTEDNESS

CLOSENESS

TRUST

COMPANIONSHIP

SEXUALITY

WAYS TO BUILD INTIMACY

APPRECIATION

KIND WORDS

LOVE NOTES

FLOWERS

FRIENDLY LOVING HUGS

**A KISS WHEN LEAVING OR
RETURNING HOME**

REMEMBER
WHEN YOU GET BACK HOME

DO NOT CHANGE WHAT WORKS

SPEND TIME WITH THE FAMILY

EXPECT ADJUSTMENTS

SUPPORT POSITIVE CHANGE

GO EASY

EXPECT TENSION/RESENTMENT

RESIST SPENDING SPREES

REMEMBER
WHEN YOU GET BACK HOME
MANAGE YOUR STRESS
PLAN YOUR SPENDING
RENEW OLD FRIENDSHIPS
MEET NEW PEOPLE
TALK TO YOUR SPOUSE
SET GOALS
WORK ON INTIMACY

CONCLUSIONS

REUNION CAN WEAKEN OR STRENGTHEN FAMILY

WEAKEN

NO CONSIDERATION

**GROWTH NOT
SUPPORTED**

**POOR
COMMUNICATION**

CONTROL

STRENGTHEN

CONSIDERATION

**GROWTH IS
SUPPORTED**

**OPEN
COMMUNICATION**

**TRUST AND
ACCEPTANCE**

GO HOME

TAKE IT EASY

TAKE CARE OF YOURSELF

USE THE SUPPORT AVAILABLE